

# Lunch & Learn: Overcoming Emotional Eating



We all experience struggles in our lives, which often come with uncomfortable feelings like stress, anger, loneliness, etc. Many of us eat to cope with these feelings but this often leads to weight gain. In this presentation, you'll explore seven powerful alternative coping strategies to help you overcome emotional eating. Bring your lunch and join Coach Lou to learn how to overcome emotional eating.

**Capitol Square Healthcare, Conference Room**  
**James Monroe Office Building Mezzanine Level**  
**Tuesday April 30<sup>th</sup> 12:05-12:50pm**

**Register early, limited spots available! To register contact Coach Lou at 844-342-1791 x 8578 or [lwinterling@activehealth.net](mailto:lwinterling@activehealth.net)**

Healthy Lifestyle Coaching is available at no cost to COVA employees enrolled in COVA Care, COVA HDHP, or COVA HealthAware. Call Coach Lou to schedule your appointment and get started on your journey to better health!

ActiveHealth services are not affiliated with CommonHealth



**Lou Winterling, MS, MBC-HWC, CPT**  
**ActiveHealth Management Onsite Coach**  
Coaching services for COVACare, COVAHDHP and COVA HealthAware state employees